

Importance of Tawbah by Shaykh Sulayman al-'Alwan:

Allah's saying "Truly, Allāh(عز وجل) loves al-Tawābeen[those who turn towards Him in repentance] and He loves al-Mutatahireen[those who keep themselves pure & clean]" Al-Tawābeen came as a hyperbole, meaning lots of repenting, and the Prophet(صلى الله عليه وسلم) said:

"Allah, will continue to stretch out His Hand in the night so that the sinners of the day may repent, and continue to stretch out His Hand in the daytime so that the sinners of the night may repent, until the sun rises from the west" [Muslim]

Tawbah is praiseworthy, in all cases, regardless if he was recalling a sin or didn't recall a sin, because no matter what kind of servant he is, he has some kind of deficiency, so it doesn't mean that a person won't say "I ask you[Allāh] for forgiveness & repent to you[Allāh]" unless he recalls a sin, because this is self-conceit, whoever see's this in himself is self-deficient, he must change his heart, truly his heart is sick...

Abū Bakr(رضي الله عنه), and he is Abū Bakr(رضي الله عنه), and sufficient for you in his might & dignity, and he is from the people of Jannāh by the Ijmā'[consensus] of the Muslims, and the greatest of all mankind after the Messenger of Allāh in this Ummāh, when he said O messenger of Allāh, teach me a du'ā that I can supplicate in my Salāh, he (صلى الله عليه وسلم) said:

"Say, O Allāh, indeed I have wronged myself so much, and there is no one who forgives the sins except you, so [please] bestow your forgiveness upon me and have mercy on me, verily you are the Most Forgiving, Most Merciful" [Bukhārī]

And even the Prophet(صلى الله عليه وسلم), and he is the greatest to walk on the face of this earth, this is what he used to say after he finishes his Salāh "I seek forgiveness from Allāh(3x), O Allāh, you are the bestower of peace, and peace comes from you, Blessed are you, O possessor of glory and honour" [Muslim]

And Allāh(سبحانه وتعالى) said to his Prophet(صلى الله عليه وسلم) "When the help of Allāh has come, and the conquest, and you see the people entering into the religion of Allāh in multitudes, Then glorify your Lord with praises and ask for His forgiveness. Indeed, He is Oft-Returning(in Grace & Mercy)" [110:1-3]

So Allāh(عز وجل) ordered his Prophet(صلى الله عليه وسلم) to ask for His forgiveness, "Then glorify your Lord with praises and ask for His forgiveness, Indeed, He is Oft-Returning(in Grace & Mercy)"